

Irish Life Fingal 10k

Training Plan



Irish Life Fingal 10k Training Plan – Week 1

MONDAY	→	Rest
TUESDAY	→	25-30mins
WEDNESDAY	→	Rest
THURSDAY	→	10mins easy / 2x8mins tempo with 3mins easy jog / 10mins easy
FRIDAY	→	25-30mins
SATURDAY	→	Rest
SUNDAY	→	25-30mins





Irish Life Fingal 10k Training Plan – Week 2

MONDAY	→	Rest
TUESDAY	→	25-30mins
WEDNESDAY	→	Rest
THURSDAY	→	10mins easy/2x2mins fast with 1min easy/ 1x3mins fast with 2mins easy/2x2mins fast with 1min very easy jog between/5mins easy
FRIDAY	→	25-30mins
SATURDAY	→	Rest
SUNDAY	→	5k Easy





Irish Life Fingal 10k Training Plan – Week 3

MONDAY	→	Rest
TUESDAY	→	30mins
WEDNESDAY	→	Rest
THURSDAY	→	10mins easy / 4x3mins fast with 2mins easy jog / 10mins easy
FRIDAY	→	30mins
SATURDAY	→	Rest
SUNDAY	→	6k Easy





Irish Life Fingal 10k Training Plan – Week 4

MONDAY	→	Rest
TUESDAY	→	35mins
WEDNESDAY	→	Rest
THURSDAY	→	10mins easy / 2x8mins tempo with 3mins easy jog between / 10mins easy
FRIDAY	→	40mins
SATURDAY	→	Rest
SUNDAY	→	6k Easy





Irish Life Fingal 10k Training Plan – Week 5

MONDAY	→	Rest
TUESDAY	→	35mins
WEDNESDAY	→	Rest
THURSDAY	→	10mins easy / 4x3mins fast with 2mins easy jog between / 10mins easy
FRIDAY	→	20mins
SATURDAY	→	Rest
SUNDAY	→	7k





Irish Life Fingal 10k Training Plan – Week 6

MONDAY	→	Rest
TUESDAY	→	40mins
WEDNESDAY	→	Rest
THURSDAY	→	10mins easy / 2x8mins tempo with 3mins easy jog between / 10mins easy
FRIDAY	→	40mins
SATURDAY	→	Rest
SUNDAY	→	7k Easy





Irish Life Fingal 10k Training Plan – Week 7

MONDAY	→	Rest
TUESDAY	→	45mins
WEDNESDAY	→	Rest
THURSDAY	→	10mins easy/2x3mins fast/2x2mins fast with 2mins easy jog between/2x1min with 1min easy jog between / 5min easy
FRIDAY	→	25mins
SATURDAY	→	Rest
SUNDAY	→	8k Easy





Irish Life Fingal 10k Training Plan – Week 8

MONDAY	→	Rest
TUESDAY	→	50mins
WEDNESDAY	→	Rest
THURSDAY	→	10mins easy/3x1mins fast/2x2mins fast/ 1x3mins tempo/2x2mins fast/3x1mins fast with 1min easy jog between/5mins easy
FRIDAY	→	20mins
SATURDAY	→	Rest
SUNDAY	→	7k Easy





Irish Life Fingal 10k Training Plan – Week 9

MONDAY	→	Rest
TUESDAY	→	25-30mins
WEDNESDAY	→	Rest
THURSDAY	→	20mins
FRIDAY	→	20mins
SATURDAY	→	Rest
SUNDAY	→	Irish Life Fingal 10k





Irish Life



DUBLIN
RACE SERIES 2023

Irish Life Fingal 10k Training Plan – Definitions

WARM UP



Warming up can help prevent injury & improve performance. Incorporate walking, strides & stretches such as lunges and leg swings into your pre--run routine.

COOL DOWN



Finish your run with a cool down walk. This relaxes your muscles and lowers your heart rate & breathing from our workout intensity.

REST DAY



Take a break and let your body recover. Feel free to go for a walk/cycle or even do a strength workout if your body feels good. Use this time to get stretching/foam rolling to get ready for the next run/walk.

FARTLEK



This is simple speed-work. After a warm up, run fast for as far as you can, take as much time as needed to recover & then go again. To help, pick a point up ahead, run to it and then pick another point up ahead & recover for the specified time. Repeat for the specified time & then cool down.

TEMPO



A pace you should be able to maintain for a longer period if needed.

FAST



Is a harder pace but not totally all out.